



Balsamic Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



10

CALORIES



71 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 2.5 lb green beans fresh trimmed
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 teaspoon salt

Equipment

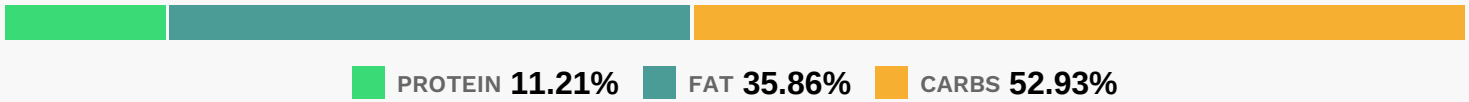
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 475F. In large bowl, toss green beans with oil.
- ☐ Spread beans in ungreased 15x10x1-inch pan; sprinkle with salt and pepper.
- ☐ Roast uncovered 15 to 18 minutes or until charred in appearance (do not stir).
- ☐ Meanwhile, in 1-quart saucepan, cook vinegar over medium heat about 9 minutes or until syrupy and reduced to 3 tablespoons.
- ☐ Toss hot beans with balsamic syrup.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.8, Glycemic Load:3.33, Inflammation Score:-6, Nutrition Score:8.170434863671%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 71.38kcal (3.57%), Fat: 3.05g (4.7%), Saturated Fat: 0.44g (2.78%), Carbohydrates: 10.14g (3.38%), Net Carbohydrates: 7.05g (2.56%), Sugar: 5.6g (6.23%), Cholesterol: 0mg (0%), Sodium: 242.36mg (10.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.3%), Vitamin K: 50.61µg (48.2%), Vitamin C: 13.83mg (16.77%), Vitamin A: 782.99IU (15.66%), Manganese: 0.28mg (13.75%), Fiber: 3.09g (12.35%), Folate: 37.44µg (9.36%), Vitamin B6: 0.16mg (8.01%), Magnesium: 30.06mg (7.51%), Potassium: 254.96mg (7.28%), Iron: 1.29mg (7.15%), Vitamin B2: 0.12mg (6.95%), Vitamin B1: 0.09mg (6.21%), Vitamin E: 0.87mg (5.79%), Calcium: 46.01mg (4.6%), Phosphorus: 45.67mg (4.57%), Vitamin B3: 0.83mg (4.17%), Copper: 0.08mg (4.15%), Vitamin B5: 0.26mg (2.57%), Zinc: 0.28mg (1.89%)